



Banana Stuffed French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 bananas peeled sliced
- 0.3 cup butter
- 3 eggs beaten
- 1 pound bread french cut into 1 inch slices
- 1 tablespoon milk
- 1 tablespoon orange liqueur
- 1 teaspoon orange zest grated
- 1 teaspoon vanilla extract

1 teaspoon water

Equipment

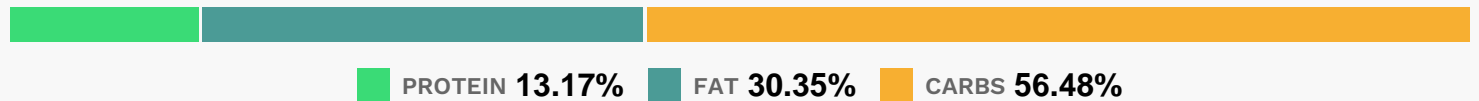
bowl

frying pan

Directions

- Create a pocket about 2/3 of the way into each slice of bread by cutting along an edge. Fill pockets with 2 or 3 banana slices each.
- In a medium bowl, beat together eggs, water, milk, vanilla extract, orange liqueur and orange zest. Dip the bread slices in the mixture, allowing slices to become saturated.
- Melt butter in a medium skillet over medium heat.
- Place a few slices at a time in the skillet, and cook, turning once, until both sides are golden brown. Dust with confectioners' sugar to serve.

Nutrition Facts



Properties

Glycemic Index:37.21, Glycemic Load:34.65, Inflammation Score:-6, Nutrition Score:13.359565128451%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 351.35kcal (17.57%), Fat: 11.81g (18.17%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 46.74g (16.99%), Sugar: 9.39g (10.43%), Cholesterol: 102.48mg (34.16%), Sodium: 548.82mg (23.86%), Alcohol: 0.88g (100%), Alcohol %: 0.73% (100%), Protein: 11.54g (23.07%), Selenium: 28.92µg (41.32%), Vitamin B1: 0.56mg (37.35%), Folate: 111.58µg (27.89%), Vitamin B2: 0.46mg (27.06%), Manganese: 0.51mg (25.53%), Vitamin B3: 3.94mg (19.69%), Iron: 3.45mg (19.17%), Phosphorus: 136.65mg (13.66%), Vitamin B6: 0.27mg (13.26%), Fiber: 2.72g (10.88%), Magnesium: 38.18mg (9.54%), Copper: 0.16mg (8.17%), Vitamin A: 385.79IU (7.72%), Zinc: 1.15mg (7.67%), Potassium: 268.09mg (7.66%), Vitamin B5: 0.74mg (7.43%), Calcium: 59.6mg (5.96%), Vitamin C: 3.88mg (4.7%), Vitamin E: 0.65mg (4.34%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.47µg (3.12%),

Vitamin K: 1.46µg (1.39%)